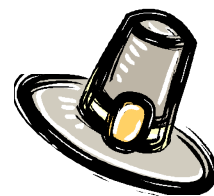


# November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Stretching 5:30-6pm Water time 6-7:30pm	3	4	5
	6 Fitness Fun SOS 2-5pm Sync Sunday 3-4:30pm	7 Stretching 5:30-6pm Water time 6-7:30pm	8	9 Stretching 5:30-6pm Water time 6-7:30pm	10 Veteran's Day	12
13 Turkey Pentathlon SOS 2-5pm Sync Sunday 3-4:30pm	14 Stretching 5:30-6pm Water time 6-7:30pm	15	16 Stretching 5:30-6pm Water time 6-7:30pm	17	18	19
20 Pentathlon Riverside more Info to come  Sync Sunday 3-4:30pm	21 Stretching 5:30-6pm Water time 6-7:30pm	22	23 Thanksgiving Holiday!	24 Thanksgiving	25 No Practice!	26 
27 No Practice 	28 Stretching 5:30-6pm Water time 6-7:30pm	29	30 Stretching 5:30-6pm Water time 6-7:30pm	Come and run the Turkey Trot on Thanksgiving Day it's a great way to start your holiday. For race information go to: <a href="http://www.torranceca.gov/Parks/20996.htm">http://www.torranceca.gov/Parks/20996.htm</a> 		